



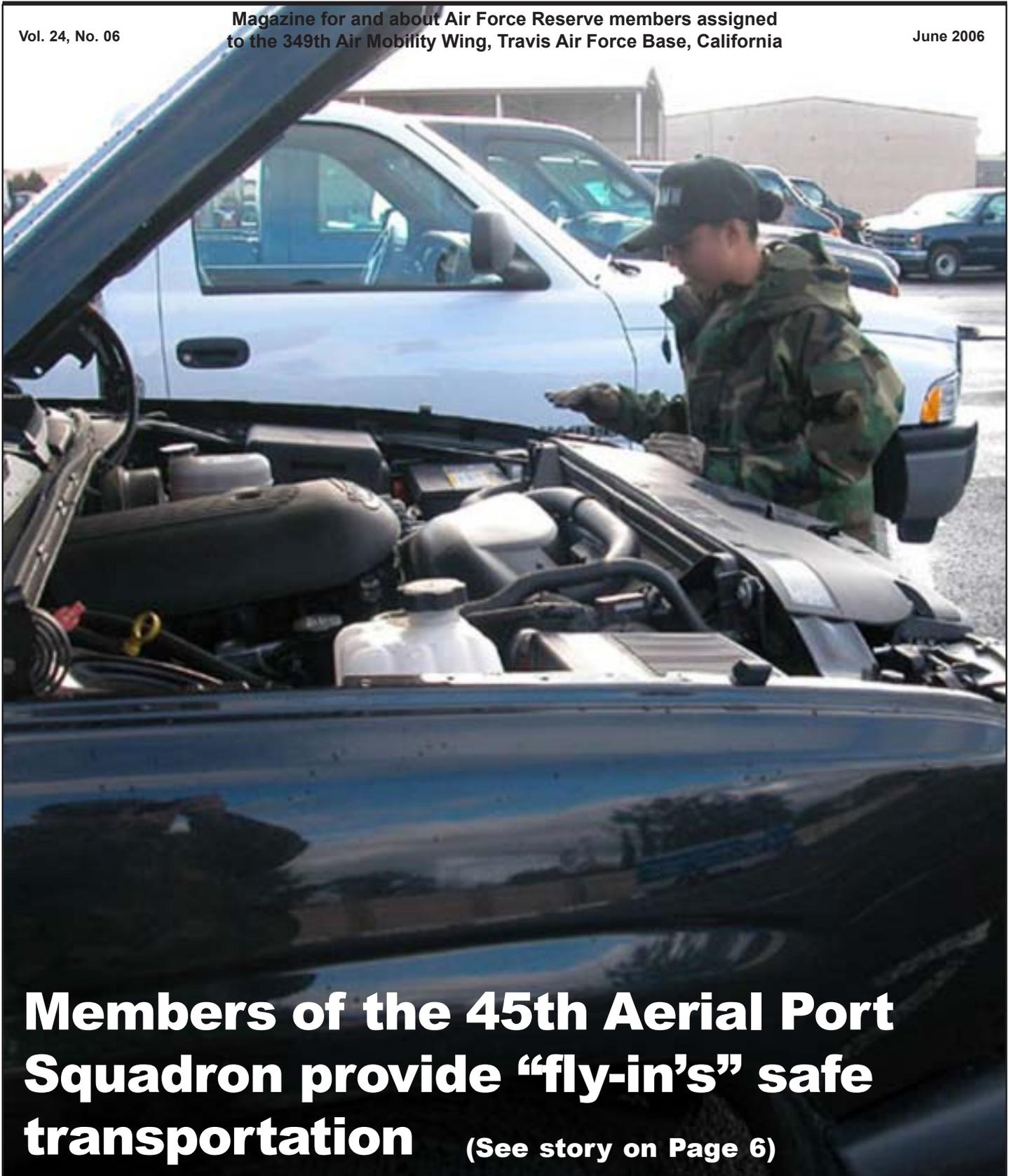
*America's First Choice*

# CONTACT

Vol. 24, No. 06

Magazine for and about Air Force Reserve members assigned  
to the 349th Air Mobility Wing, Travis Air Force Base, California

June 2006



**Members of the 45th Aerial Port Squadron provide “fly-in’s” safe transportation** (See story on Page 6)

# Always be prepared, ready

Welcome to the June UTA! By now I'm sure you are aware that our wing commander, **Brig. Gen. Tom Gisler** is deployed as the Director of Mobility Forces. He, along with many other professionals from the wing are representing the Travis Team and our Air Force with pride and distinction as they serve on the front lines of the Global War on Terrorism. We wish them all a safe return and are proud of their service too! General Gisler had two weeks notice to deploy which brings up an important point: Always be prepared and ready! I know some of you have faced deployments with less notice. It's important for every member of this wing to be ready to answer the call when it comes. You could be on the way to the front lines 72 hours after notification! Ask yourself, "Are my required training and qualifications current?" "Are my Family Care and financial plans in order?" V-Red, DEERS - you get the idea. If the answer is "No" to any of these and a host of other pre-deployment questions, get with your supervisor or first sergeant to get up to speed! Deployments are a way of life for every Airman in our Expeditionary Air Force. Are you ready to deploy?

**AROUND THE WING:**

Congratulations to the maintenance and support groups for the successful results during last month's 60th and 349th Logistics Standardization Evaluation

Program inspection. The 62-member team accomplished nearly 1,100 inspections with zero 349th deviations from the policies and directives. Our Component Maintenance and Equipment Maintenance squadrons were rated "Outstanding." **Master Sgt. Kim Naylor** from the 749th Aircraft Maintenance Squadron was recognized as an "Outstanding Performer" by the team. Way to go!

**Technical Sgt. Michael Milton**, 349th Civil Engineer Squadron and **Senior Airman Eric Pena**, 349th Security Forces Squadron proudly represented our wing at the Air Force Reserve Command 2005 Outstanding Airmen of the Year banquet held at Robins Air Force Base, Ga., last month. Both were awarded the best in 4th AF and Airman Pena was selected as the Commands's number-one Airman and will now compete in the Air Force 12 Outstanding Airmen of the year competition. The accolades kept rolling in as **Lt. Col. Nick Loehr** was selected as Air Force Reserve Command's Outstanding Reserve Judge Advocate of the year!

The majors and May's enlisted lists are out and we did very well with promotions this cycle. Completion of PME was critical to attaining new rank for both groups. And speaking of education, Air Force Secretary Michael Wynne has directed the unmasking of advanced degrees beginning in FY 2008. Congratulations to all our award winners and promoted individuals.



by **Col. Robert K. Millmann, Jr.**  
Wing Vice Commander

**Col. William B. Anholt** assumed command of the 349th Maintenance Group on May 20. His vast maintenance experience is certainly needed as our wing continues it's preparations for the arrival of the first C-17 in late July. Welcome aboard **Bill, Marcy** and family!

The Golden State's great weather has finally arrived and so has the "101 Critical Days of Summer." Sunny days bring a penchant for outdoor activities including motorcycle riding, boating, water sports and barbecues. These are all fun filled activities fraught with hidden hazards. Use your Operational Risk Management tools and good common sense. Last summer, the wing had zero ground mishaps. This is one goal we want to repeat again this year! The nation is dependent on you and your family, the "Hometown Heroes" who have faced many challenges of their own with great courage.

Last month we celebrated Mothers Day. To all our Fathers, have a great Fathers Day! To everyone, please be safe and have a great summer of 2006.

## Like children playing kickball, does God pick a side?

by **Chaplain (Col.) Neal F. McBride**  
349th Wing Chaplain

Down through history countless battles occurred where the combatants on both sides claimed God was their ally. But, how do we know whose side God is on? Like children playing kickball, does God pick a side?

Letters archived in the National Library of Scotland reveal that Earl Haig, commander of British forces in France during World War I, firmly believed that God was on his side prior to the battle of the Somme. As it turned out, the first day of the Somme battle was the deadliest single day in the history of British arms. During this same time (and again in

WWII) German troops had "Gott Mit Uns" (God With Us) on their belt buckles. The end results are written in history, but the omens weren't good.

Adolph Hitler, shocking as it sounds, said in a speech delivered in Berlin in 1936, "I believe today that I am acting in the sense of the Almighty Creator." Today, no reasonable person supports his fraudulent claim.

In 1963, Bob Dylan's song, "With God on our Side," mocked America's historical tendency to believe God sides with the Red, White, and Blue. As a preface to Vietnam, Dylan sang, "if God's on our side, He'll stop the next war." Of course, the Vietnam conflict occurred and its outcome blurs any claim God was on our side.

In more recent years, remember the

television reports where Saddam Hussein claimed, "God is on our side. We will prevail because God is on our side." Conversely, pro-war activists said, "We must do this because God is on our side, and this is what God wants." At the same time anti-war activists proclaimed, "God does not want this war." So, the question remains for us today, "Whose side is God on?" Does God take sides in conflicts between human nations and groups?

Jim Wallis, the author of the best-selling book *God's Politics*, writes:

"Abraham Lincoln had it right when he said: Our task should not be to invoke religion and the name of God by claiming God's blessing and endorsement for all our national policies and practices—

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June 2006

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## On the Cover



photo by Technical Sgt. Paul Ikeda, 45th Aerial Port Squadron

**Checking it twice:** Senior Airman Mary Kathleen Olaes, 45th Aerial Port Squadron, completes a vehicle inspection prior to going on duty. Members of the 45th Aerial Port Squadron provide transportation service to the 349th Reserve members flying in from Southern California on the Unit Training Assembly shuttle flight from March Air Reserve Base, Calif.

# Change - how we respond is key

Can you believe it's June and half the year has flown by? For me, the last six months have been a whirlwind. During that time, I've attended several command chief conferences including the worldwide at the end of April. The recurring theme? Changes. Both **Secretary of the Air Force, Michael Wynne**, and **Chief of Staff of the Air Force, General T. Michael Moseley**, briefed upcoming, long-term changes for the Air Force including reserve and guard. Recounting what they briefed, this global war on terrorism will be long and we're in it for the long haul; our people are our priority, but we will have a smaller force; "recapitalization" to replace our aging equipment is imperative. All of this takes money, which we all know has been skinny. To set ourselves up for success, many changes are being proposed and they are coming. As I briefed the First Sergeants at their workshop in May, to stay relevant in this time of change, we must stay on top of our game by being flexible and informed. We must be the agents of change.

Change is nothing new as you can read: **Rear Admiral (ret.) Grace Hopper**: The most damaging phrase in the language is: "It's always been done that way."

**Charles Darwin**: It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.

**Gandhi**: We must be the change we wish to see in the world.

**Edmund Burke**: We must obey the great law of change. It is the most powerful law of nature.

**Winston Churchill**: To improve is to change; to be perfect is to change often.

**James Baldwin**: People can cry much easier than they can change.

**Robert Kennedy**: Progress is a nice word. But change is its motivator. And change has its enemies.

**Maya Angelou**: If you don't like something, change it. If you can't change it, change your attitude. Don't complain.

**Les Brown**: Change is difficult but often essential to survival.

**Norman Vincent Peale**: Change your thoughts and you change your world.



By **Command Chief Master Sgt. Patricia A. Thornton**

**Harry Truman**: Men make history, and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better.

**Benjamin Franklin**: When you're finished changing, you're finished.

**Pearl S. Buck**: You can judge your age by the amount of pain you feel when you come in contact with a new idea.

Change-it's part of life. It takes us out of our comfort zone, but it is necessary. How we respond is the key. As we forge these new paths, we are committed to keeping our folks informed and taking care of our people. In the spirit of **David Bowie's** classic, we will turn and face the strain together...ch-ch-changes.

## Sides...

(Continued from Page 2)

saying, in effect, that God is on our side. Rather, we should pray and worry earnestly whether we are on God's side."

Wallis goes on to explain.

"There are the two ways that religion has been brought into public life in American history. The first way—God on our side—leads inevitably to self-righteousness, bad theology and, often, dangerous foreign policy."

"The second way—asking if we are on God's side—leads to much healthier things, namely, repentance, humility, reflection, and even accountability."

So, what does all this mean to you and me as Air Force Reserve members? Allow me to suggest two simple thoughts.

First, as individuals we must begin by examining ourselves. Whether or not God is on our Nation's side is a moot point if we cannot claim we personally are seeking to stand with God and uphold His expectations—in my thinking, biblical standards; such things as loving one another and our enemies (a hard thing to practice), justice, generosity, peace making, etc.

Secondly, if we as a nation wish to claim God is on our side, we collectively are wise to recall the words of an earlier American. The

Puritan John Winthrop said that with God on our side, America would be like a "shining city set upon a hill for all the world to see," but . . .

"if we shall deal falsely with our God in this work we have undertaken, and so cause him to withdraw his present help from us, we shall be made a story and byword throughout the world; we shall open the mouths of enemies to speak evil of the ways of God and all believers for God's sake; we shall shame the faces of many of God's worthy servants, and cause their prayers to be turned into curses upon us, until we are consumed out of the good land to which we are going..."

Did Winthrop's warning about not being on God's side catch your attention? Do you agree or disagree? That's the beauty of being an American, you have a choice.

### Lets go Racing!

It's that time of year again when the hills of Sonoma roar to life! In May, Infineon Raceway opened its 2006 racing season and you can be there! Infineon Raceway and Travis AFB again have teamed up to give you (and even your family members) a fantastic opportunity to get closer to the action than you ever thought possible. The way it works is you select a specific event be it NASCAR, American Motorcyclist Association Super bikes, etc., and you sign up to provide security for the track. In return for your time (usually 10-12 hours

a day) Infineon will donate \$10 an hour for each hour worked to the charity of your choice. You can choose to donate to your squadron Booster Club, Wing Top 3, The Fisher House, etc. This is a definite win/win situation so sign up today. For more information please contact your squadron point of contact. If you do not have a point of contact and would like to set one up, please email Master Sgt. Ed Chappell at: [chappell.edward-02@travis.af.mil](mailto:chappell.edward-02@travis.af.mil). Space is limited so sign up soon, see you at the track.

# General visits Fairchild, praises Medical Squadron

by Technical Sgt. Karen Brum  
92nd ARW Public Affairs

Out of sight can sometimes mean out of mind. But for a devoted team of weekend warriors, neatly tucked away on the third floor of a converted dorm here, their readiness to support the military's Expeditionary Medical Squadron mission has not gone unnoticed.

During a three-day visit to Fairchild's Air Reserve Wing in April, Brig. Gen. Thomas M. Gisler Jr., commander, 349th Air Mobility Wing, praised the 604th Medical Squadron during a Health Services Inspection for their commitment to service and excellence.

"They are the EMEDS experts. They have already deployed multiple times since Desert Shield and Desert Storm. They train to be proficient with the technology and the capability that they have proven already in the Area of Responsibility over the last five years. They know their job and they do that job very well," said General Gisler.

"The feedback that we are getting from



Brig. Gen. Thomas M. Gisler Jr., 349th Air Mobility Wing, commander, addresses the 604th Medical Squadron at Fairchild Air Force Base, Wash., during a three-day visit in April.

the commanders over in the AOR has been nothing but positive so we know that these folks know their job. They do their job and they do it with pride."

No mission succeeds without extensive preparation. For geographically separated units such as the 604th MDS, opportunities to train with the Air National Guard, the U.S. Army, the Veteran's Administration and through affiliation agreements with local hospitals, has proven vital to maintaining the unit's readiness.

"We pull it from wherever we can," said Col. Olivia Stringer, 604th MDS commander. "It is very important to find the training wherever possible so that members can maintain their proficiency. At Travis, you have everything right at your finger tips. This is a geographically separate unit. We don't have that luxury," said Colonel Stringer.

While geographically separated units must overcome obvious challenges, the advantages can sometimes outweigh the hurdles.

For unit members such as Lt. Col. (Dr.) Eric Johnson, finding an Air Force Reserve medical squadron right in his back yard was a surprise. Doctor Johnson had placed his name on an Air Force recruiting brochure just five years ago.

"I just sort of figured that as an anesthesiologist, I had an obligation to provide medical care for the troops," he said.

Although the doctor's recruitment was a lengthy process, which eventually required presidential approval, it wasn't long after that he was able to volunteer as a member of a three-person Critical Care Transport Team.

"I found myself in a C-17 at night with three very critically ill people heading out of Balad toward Germany. For me, I felt like this is what I wanted to do, I wanted to serve my country," Doctor Johnson said.

Though he has been practicing medicine for more than 25 years, he admits that it was the readiness training he

received which gave him the confidence to be a true team player.

"There were no surprises over there for me from a medical standpoint because I have been doing this a long time," said the doctor.

"And there was never any, 'you are a Reservist, we are active duty.' It was all one family. It is what they advertised. They tell you that you are one team and we were."

According to Master Sgt. Emiliana Harris, 604th MDS Health Services air reserve technician and unit deployment monitor, "Unit members need to be medically ready to go and readiness qualified. They need to be able to take care of themselves and their patients," she said. "The truth is that if the people in harm's way get hurt, my job is to make sure that our folks are trained and ready to take care of them."

Although personal readiness is always a high priority item, General Gisler advises reservists not to lose focus on balancing family, civilian employment and military commitments.

"It is a balance," said the general. "It is just like a teeter totter. The easiest place to sit is on the end. It takes effort to stand in the middle. To keep that teeter totter balanced, it takes focus, it takes a lot of initiative and it takes skill. It is something that does not happen without effort.

"Make sure that you are managing all of those as well as you can because you have to manage your family relationships, civilian employment and the military side. You also have to take care of yourself. You cannot lose sight of that."

By keeping an overall balance, said General Gisler, no single factor becomes overbearing.

While overcoming challenges, the 604th MDS has shown, through their commitment to service and excellence, they are truly members of one team.

"There is a lot to be done," said General Gisler. "We need everybody engaged in that process, working as diligently as they can. That means that they are focused on the mission at hand, which for us is really the global war on terrorism.

"It should be a seamless operation where everybody is working together as a team because we owe this nation nothing less."

# 45th Aerial Port members supply wing transport

Story and photo by  
**Technical Sgt. Paul Ikeda**  
 45th Aerial Port Squadron

Where is the 349th Transportation Squadron? If you were to look on the 349th Air Mobility Wing website, you would find they do not exist. But then who are these people, who have their own radio channel at 349th Mission Control?

They are members of the 45th Aerial Port Squadron. Since many of the 349th Reserve members come from Southern California, the Reservists are provided an opportunity to catch a Unit Training Assembly shuttle flight from March Air Reserve Base, Calif. The personnel who utilize this service are commonly referred to as “fly-ins.” It is the mission of the 45th APS to safely transport these UTA fly-ins from the aircraft, to billeting and to their respective squadrons during the UTA duty weekends.

The current “stable” of drivers are: Master Sgt. Randall Schroeder; Technical Sgts., Chuck Bolden, Alex Fernandez, Paul Ikeda, Tom Rogers, and Senior Airman Mary Kathleen Olaes. The team is headed by Master Sgt. Roland Smith.

In order to support their fellow reservists, the team begins their duty weekend on Friday before the beginning of the UTA. They check out their buses to ensure they are in safe working order. Sergeant Smith confers with the 349th Wing Operations Center. His lead contact is Master Sgt. Marci Thomas of the 349th Operations Support Flight, who he speaks with to confirm passenger count and departure times. From this information he sets up a work plan for the evening, depending on arrival times, the number of passengers, the number of arriving planes and parking spots on the ramp. This will determine which bus and driver will be used to pick up the

passengers upon arrival.

To further ensure a seamless transition from the aircraft to billeting, Sergeant Smith will liaison with the billeting representative, Master Sgt. Brent Blankenship, a fellow reserve member from the 349th Memorial Affairs Squadron, at the Westwind Inn.

At this point a billeting representative may accompany Sergeant Smith to the aircraft upon its arrival to Travis AFB and pass out the keys for the reservists who have arrived for their UTA weekend.

Once the reservists receive their keys, they proceed to their bus and to their lodgings.

On Saturday mornings when the UTA begins, the drivers start at 6 a.m. to transport the fly-ins from billeting to the dining facility and then to their respective squadrons. Another bus will depart later, at 6:40 a.m., from the dining facility for the breakfast diners to be then be taken to their duty stations. Finally, at 7 a.m. another bus will depart from the billeting to cover the entire route again to ensure all

the fly-ins are transported to their squadrons. This intricate schedule is executed to ensure up to 50 reservists are transported in a timely manner all over the base.

After the morning transportation run is complete, the drivers will then be able to support the wing and squadrons with various other transportation requests for functions such as retirements, Employer Appreciation Days, squadron exercises or training, such as Chemical Warfare Defense Training.

Towards the end of the duty day, starting at approximately 4 p.m., a bus will begin to return to all the squadrons visited that morning for passenger pick up for transportation back to billeting or the dining facility.

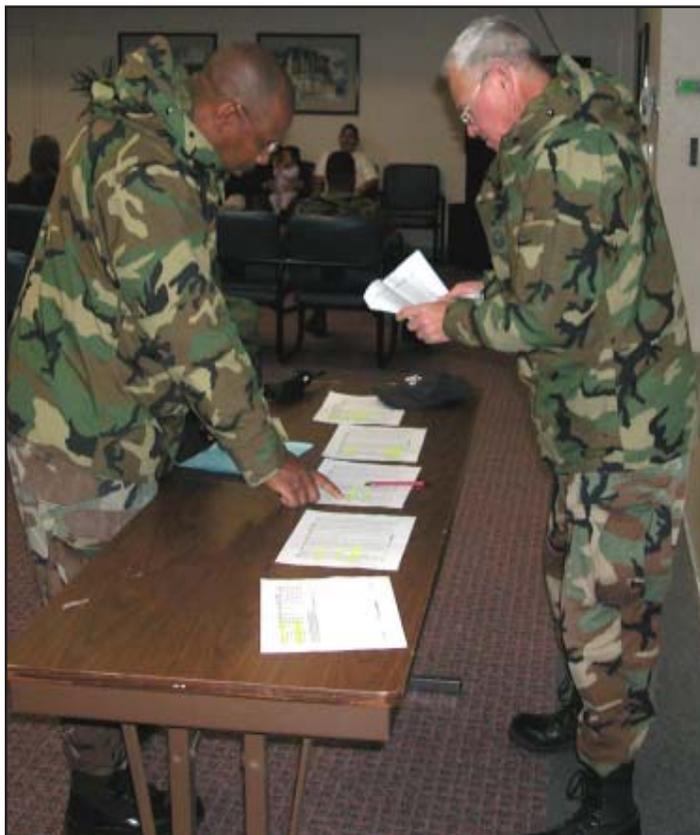
Sunday morning brings a near repeat of the day before with the exception that the fly-ins are encumbered with their luggage for the return plane trip home for these hardy passengers. At 3 p.m., ‘349th Trans’ will begin to pick up passengers.

Since time is critical, all available bus drivers are tasked to pick up their fellow reservists from all over the base. Once all passengers are picked up, they are then transported over to the passenger service terminal for roll call and aircraft manifesting for the return trip home. Once this is completed, the drivers stand by to assist with boarding of the aircraft.

At this time, Sergeant Smith, with an expert eye, will determine which bus will go to a particular plane based on passenger load and destination. At times, the drivers have supported up to three departing aircraft.

Once the aircraft is ready to receive the fly-ins, the passengers will be directed to the appropriate bus, driven out to the plane, and safely boarded.

With the passengers finally aboard, the drivers stand by until the planes depart. At this point they turn in their buses to Base Transportation and complete their day. Mission complete and another UTA is put to rest.



Technical Sgt. James Bolden (left) and Master Sgt. Roland Smith, both assigned to the 45th Aerial Port Squadron, discuss transportation operations for the upcoming Unit Training Assembly while reviewing passenger manifests.

# Security Forces Squadron member named Air Force Reserve Command's Outstanding Airman

by Patti Schwab-Holloway  
349th Air Mobility Wing Public Affairs

The Air Force Reserve Command named Senior Airman Eric J. Pena, assigned to the 349th Air Mobility Wing's Security Forces Squadron as a Combat Arms Instructor, the *Outstanding Airman of the Year*. The announcement was made at the command's annual banquet April 20 at the Museum of Aviation, Robins Air Force Base, Ga. Airman Pena was submitted for consideration at the command level after being named Outstanding Airman of the Year in 4th Air Force, headquartered at March Air Reserve Base, Calif.

Airman Pena was born in Brooklyn, N.Y., and is 28 years old. After graduating from high school, he knew he wanted a career in law enforcement after working undercover in Loss Prevention for a major retail store. He enlisted in the Air Force Reserve in June 2002 and began pursuing his dream.

"Being named one of the Air Force Reserve Command's Outstanding Airmen is such an honor," Airman Pena said. "I am grateful to all of the folks in the 349th who worked so hard to submit me for such recognition," he said.

Airman Pena recently returned from a volunteer six-month deployment to Baghdad, Iraq, in support of Operation Iraqi Freedom, where he was part of the Multi-National Detainee Operations Team. During his deployment, Airman Pena served as a turret gunner on convoy

movements within greater Baghdad. Airman Pena's professionalism was recognized as outstanding. When he was detailed to the Central Criminal Court of Iraq U.S. Embassy, he proved himself an exceptional Airman, lauded for duty performance "Above and Beyond" by his supervisors at the embassy.

Airman Pena's performance during such dangerous and demanding missions was one of the many reasons why he was submitted for consideration as Outstanding Airman of the Year.

"It was the professionalism and commitment Airman Pena demonstrates every single day that makes him one of the Outstanding Airman of the Year; he has an unstoppable drive," said Capt. Samuel T. Dickson, commander of the 349th SFS. "He is an inspiration to his co-workers – not only hard working, but genuinely an extremely good-hearted person," said Captain Dickson.

Airman Pena is an active member of the United Pentecostal Church in Modesto, Calif., for more than 11 years. He used his experience with the church to enhanced unit morale while in Iraq by conducting weekly Bible study for the Chaplain's office for military personnel and he also volunteered his off-duty hours to deliver food and clothing to needy Iraqi families.

"In receiving this recognition, I hope to assist the Air Force Reserve in recruiting and retention efforts," Airman Pena said. "I want to be able to reach out in the community and share with everyone what a great experience being part of the Air

Force family has been for me."

Airman Pena will now go on to compete for the prestigious distinction of being named one of the Air Force's 12 Outstanding Airmen of the Year. The Air Force 12 Outstanding Airmen of the Year award is jointly sponsored by the Air Force and the Air Force Association and is tentatively scheduled to be announced in September. Anyone winning the honor of being one of the 12 Outstanding Airmen is awarded the Outstanding Airman ribbon, is authorized to wear the Outstanding Airman badge for one year and may also have the opportunity to serve on the Air Force Enlisted Council.



Courtesy photo

Senior Airman Eric J. Pena, 349th Security Forces Squadron, is named the Air Force Reserve Command's Outstanding Airman of the Year.

photo by Master Sgt. Wendy Weidenhamer, 349th AMW Public Affairs



**Perfect:** Inspecting their newly installed "349th Air Mobility Wing Annual Awards Winner" board in the Travis Base Exchange entrance are Master Sgt. Neal Ivey, 349th Mission Support Squadron and Maj. Lynn Marshall, 349th Mission Support Group.

Col. William Rollin, 349th Mission Support Group, commander and chair of the recognition committee started the process of getting a recognition board built. Chief Master Sgt. Larry Lawson, recently retired from 349th Memorial Affairs Squadron, got the ball rolling and then handed it over to Capt. Hector Quintanilla, 349th MSG. Members also involved in the completion of the board was Senior Master Sgt. Joe Annon, 349th Civil Engineer Squadron; Master Sgt. Cindi Schlitz, 349th CES and Mr. Kurt Niegel, 60th Equipment Maintenance Squadron.

# Keeping fit, healthy the safe way

by 1st Lt. S. J. Brown  
39th Air Base Wing Public Affairs

A common focus this time of year is getting ready for swimsuit season. Several magazines offer quick fixes, magic diets and miracle pills. But, beware.

"The safest way to lose weight is to eat a healthy diet and increase the amount of exercise you do, as there is no magic involved," said Robert Pagenkopf, 39th Medical Group fitness program manager and exercise physiologist.

"Safety is first, so start slowly and increase your time of exercise from 20 to 30 minutes a day," he said. "Never starve yourself and skip meals. This will only put you in a downward spiral of unhealthy weight loss."

The main thing he wants people to remember when they are trying to lose weight is that a healthy lifestyle change is important and that goals must be simple and realistic.

"We did not wake up one morning with 20 extra pounds on our body, therefore it

will take time to lose that extra weight safely," he said.

"Miracle" weight loss regimens are often called fad diets and are harmful for many different reasons, according to Staff Sgt. Karen Garza, a diet technician here. She said the high protein/low carbohydrate diet is still popular among Americans, but the results from using these types of diet are short-term.

"Once they lose the achieved weight loss, people usually go back to eating the way they used to, which will cause the weight to come back, if not more," said Sergeant Garza, who works at the HAWC with Mr. Pagenkopf. "Some dieters will experience low blood pressure because they are also cutting out important food groups from their diet when eliminating carbs. This means the body is getting deprived of those nutrients."

Other issues associated with a low-carb diet include an increased risk of heart disease and cancer, as well as reduced athletic performance, rising blood pressure, kidney stones, osteoporosis and fainting, she said. Lifestyle changes that

include proper portion sizes, eating "nutrient foods," and increasing fiber intake and water consumption are safer approaches, Sergeant Garza said.

To lose weight safely and get in shape, Mr. Pagenkopf and Sergeant Garza suggest losing only one half to two pounds per week. Any more would result in muscle and water loss.

Another suggestion they both make is to make only short-term weight loss goals. This lets people obtain realistic, obtainable goals without getting disillusioned or discouraged. They said when people get discouraged, they start seeking alternative ways to obtain those goals. That might mean a "quick fix."

"When someone thinks of a quick fix, liposuction comes to mind," Mr. Pagenkopf said. "However, studies have shown that 43 percent of all individuals who get liposuction will gain the weight back within six months. It is also a surgery and therefore carries the risk of death. Most people will achieve their desired weight loss through eating a well-balanced diet and with regular exercise."

## News Briefs

### Civilian self-service to begin

The Air Force began testing My Biz, a new self-service system for Air Force civilians to view their personnel information, earlier this year.

The Web-based self-service application will allow employees round-the-clock access to their personnel information from .mil domains. In My Biz, civilians can maintain their own personal information, such as benefits and training, and profiles and periodically provide input to their supervisors on employee performance plans.

My Biz is scheduled to be fully implemented this month and is accessible at [www.afpc.randolph.af.mil/cfa/MyBiz/MyBiz.htm](http://www.afpc.randolph.af.mil/cfa/MyBiz/MyBiz.htm). (AFPN)

### Want to get "paid" to shop?

Every industry has a way of monitoring performance in the eyes of their customers. For television, it's ratings. For the success of a sporting team, it's wins. For retail stores, it's sales, of course, as well as customer comments and observations.

The Army & Air Force Exchange Service

is reenergizing its focus on delivering exceptional customer service.

"Mystery Shoppers" answer a few simple questions such as:

- Was the store clean?
- Were the associates polite?
- Was the item you wanted in stock?

Authorized customers may apply to become a "Mystery Shopper" at [www.aafes.com](http://www.aafes.com). Shoppers are selected from a pool of applicants at each Exchange location and as appreciation for their time, "Mystery Shoppers" receive a \$30 AAFES gift certificate for each valid survey set submitted. (AAFES)

### Tips for a correct voucher

Help avoid delays when submitting a travel voucher by providing the following:

- An amount for split disbursement for expenses charged to a government card;
- A valid email address on the voucher;
- Three copies of the DD 1351-2;
- Three copies, front and back, of all certified travel orders and amendments;
- Two copies of receipts of \$75 or more;
- Two copies of all lodging, rental car,

excess baggage receipts and airline tickets regardless of amount;

-Two copies of non-availability slip from lodging, if member lodged off base;

-Supervisor's signature;

-Claimant's signature;

-Itinerary must include mode of travel codes and reason for stops;

-Approving officer's signature if there are additional official expenses not listed on the orders;

-Voucher must be filed within 5 days of return from travel. (349th AMW FM)

### Correct duty history 'live'

Air Force Reserve members worldwide can now correct or change their duty history via the virtual Personnel Center Guard and Reserve, a customer-service Web portal operated by the Air Reserve Personnel Center.

No matter the time of day, reservists can log on to the vPC-GR at [arpc.afrc.af.mil/support/default.asp](http://arpc.afrc.af.mil/support/default.asp). Airmen can click on the "Correct Duty History" link and annotate their changes, attach any relevant supporting documentation and click on "submit." (AFPN)

# Make time for Operation Gratitude

by Senior Master Sgts. Janice A. Lambard and Alice M. Munoz  
349th Top Three Council

**H**ow long has it been since you spent the morning listening to war stories – not from the Gulf War or from Iraqi Freedom, but war stories from WWII, the Korean War and from the Vietnam Conflict? How long since you have thanked a Veteran for the sacrifices they have made in the name of freedom?

If it has been a while, the 349th Air Mobility Wing Top Three Council invites you to join us on June 17, at the Yountville Veterans Home, Yountville Calif., as we honor our nation’s distinguished veterans by cooking and serving them a champagne brunch at their home in the beautiful Napa Valley.

Brunch will be served at 10 a.m., but volunteers are needed to help set up and to help with the cooking prior to that time. Volunteers should arrive at the Veteran’s home at 7:30 a.m. and be prepared cook,

escort, serve and clean up. Any duty uniform is allowed: flight suits, blues, or BDUs.

Participation is open to all, regardless of affiliation. You can bring your family and friends. Children are always a highlight of the event so please bring your children to also help serve and escort the vets.

Volunteers for food preparation, the day before, and food donations are needed now. Points of contact for this years event are Senior Master Sgt. Alice Munoz, (707) 424-1368, (707)-592-4109 or via email at [alice.munoz@travis.af.mil](mailto:alice.munoz@travis.af.mil) and Master Sgt. James Barber, (707) 424-4558, (707)-718-1014 or via email at [james.barber@travis.af.mil](mailto:james.barber@travis.af.mil).

Please contact one of us, or any Top Three Council member, if you can help solicit donations or want to volunteer your time in any area. The event usually concludes by 1 p.m., which leaves plenty of time for you and your family and friends to spend the afternoon enjoying the Napa Valley.

## Upcoming Top Three Events

### Operation Teddy Bear Golf Tournament

Come out and join us for a fun filled day at the Cypress Lakes Golf Course for this year’s Operation Teddy Bear golf tournament. It will held on Aug. 25 with a 12 p.m. shotgun start. Registration begins at 10 a.m. Prices and entry deadline are to be determined. There will be many gifts and prizes awarded throughout the day long. We are also looking for volunteers. Contact Master Sgt. Les Yu, 349th Aircraft Maintenance Squadron, (707) 424-0774 or Senior Master Sgt. Janice Lambard, 349th Airlift Control Flight, (707)-424-2895.

### Solano Thunderbirds Family Night

Please join us for Family Night “dinner, ball game and fireworks” with the Solano Thunderbirds on Aug 5. Dinner begins at 6 p.m. and the menu items are: “Blairs” BBQ ribs, “Home Run” beef sirloin, “Outta Here” Caesar salad, “Batter Up” chicken breast, “Tbird” potato salad, rolls and butter and a soft drink or water. Ticket prices include dinner and entry fee to ball game:

Adults - \$ 16.00

Children - \$11.00

For additional information contact Senior Master Sgt. Alice Munoz, 349th Historian, (707) 424-1368 or Senior Master Sgt. Kavin Krum, 749th Aircraft Maintenance Squadron, (707) 424-7015.

# AAFES motto: “We go where you go”

**S**ince the first formal exchanges were established in 1895, an exchange system has served side-by-side with troops in tents and trucks, in the field and in permanent facilities, on posts and bases around the world.

While the mission remains virtually the same as it was nearly 111 years ago, the scope of Army & Air Force Exchange Service has never been more extensive or necessary as it is today.

Currently, there are more than 450 volunteer AAFES associates deployed in support of America’s military. To date, 1,601 AAFES associates have deployed to dangerous places around the world since September 2001. These associates, and the rapidly deployed facilities they operate, often provide the only source of comfort items and necessities in combat locations. AAFES’ presence in Iraq is a case in point: the first PX/BX opened in Tallil in early April 2004, before Baghdad fell.

Today, service members rely on 56 direct operating exchanges scattered throughout Operations Enduring and Iraqi Freedom for day-to-day health and comfort items, such as soap, shampoo and toothpaste. These large retail operations, in addition to 39 smaller military-operated activities called Imprest Funds, are the primary providers of snacks, beverages and entertainment items for deployed troops.

In addition to delivering traditional retail products to the contingency theater, AAFES operates 68 call centers with 1,742 phones that provide calls to the United States for as little as 19 cents a minute. With an average usage of more than 14 million minutes each month, these facilities are critical to maintaining the link to family and friends back home.

Providing familiar tastes and aromas, the presence

of name brand fast food continues to grow. In fact, AAFES currently operates more than 150 fast food outlets downrange including 28 Subways, 16 Burger Kings, 12 Pizza Huts, five Taco Bells and more than 40 various coffee shops.

“Over time, the assortment expands to other items needed and requested by troops,” said AAFES’ Chief of Contingency Plans Lt. Col. Steven Dean. “AAFES now sells electronics, magazines, DVDs and even small appliances. Many service members purchase DVD players, second-generation video game consoles and laptop computers at exchanges throughout Iraq and Afghanistan. We are continually adjusting the stock assortment to meet the unique needs of troops serving far from home.”

Since its establishment in 1895, AAFES has been involved in 14 major contingencies, to include the Spanish-American War, WWI, WWII, Korea, Vietnam, Grenada, Panama, the Balkans and Operations Enduring and Iraqi Freedom, and several dozen humanitarian and disaster relief efforts. Nowadays, AAFES operates worldwide in more than 30 countries, five U.S. territories and 49 states (not Rhode Island).

“AAFES motto, ‘We Go Where You Go,’ best summarizes its commitment to America’s modern fighting force,” said Lt. Col. Dean. “AAFES provides exceptional support to troops serving in deployed areas. The scope and intensity of the operations are clear signs that wherever our troops serve, AAFES is dedicated to providing them competitively low prices on the services and merchandise they need...and want...in order to enhance their quality of life.”

For additional information on AAFES visit their web site at: [www.aafes.com](http://www.aafes.com). (AAFES)



# Employer Appreciation Day application 2006

## Employer Information

EMPLOYER:      Mr.              Ms.              Mrs.              Dr.              Other:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Employer's Title: \_\_\_\_\_

Company Name: \_\_\_\_\_

Employer's Home Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Person to be Notified in Emergency: \_\_\_\_\_

Employer's Emergency Phone: (    ) \_\_\_\_\_  
(Area Code and Number)

**Note:** An Air Force Certificate of Appreciation will be prepared for each employer using the name you provide. Please insure that the name above is clearly legible and correctly spelled so the certificate is correct when presented by the Commander.

## Sponsoring Reservist Information

Reservist Rank: \_\_\_\_\_ Unit Assigned: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Job Title: \_\_\_\_\_ Phone: Duty \_\_\_\_\_

Reservist's Home Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Home (    ) \_\_\_\_\_ Work (    ) \_\_\_\_\_

**Note:** An orientation flight is offered to employers pending approval by higher headquarters and is subject to cancellation. Space is limited; one employer per reservist. Reserve members may accompany their employer if space is available.

## Employer Appreciation Day dates

- June 10 — Maintenance Group: Point of contact is Chief Master Sgt. Victor Camacho, (707) 424-7493
- July 15 — Medical Group: Point of contact is Chief Master Sgt. Neil Curchin, (707) 350-6463
- Aug 5 — Mission Support Group: Point of contact is Chief Master Sgt. Mike McGillivary, (707) 424-3232
- Aug 19 — Operations Group: Point of contact is Maj. Jeffrey McCleery, (707) 424-5730

### Privacy Act Statement:

**Authority:** 10 U.S.C. 8013  
**Principal Use:** Use of individual's home address/phone is required to contact, coordinate, and/or provide participation details for Employer Appreciation Day events.  
**Routine Use:** Log and track employers and their participation.  
**Disclosure:** Voluntary - home address/phone is required to contact employers regarding their Employer Appreciation Day participation.

# Planning, pallets, provisions? Team work makes a deployment

Story and photo by Master Sgt. Wendy Weidenhamer  
349th AMW Public Affairs

The ingredient in making a successful deployment may be more than hours and hours of planning and pallets of supplies and equipment. When the temperatures reach over 90 degrees and the mosquitoes are looking for their next meal, teamwork may be the only thing that keeps the human spirit high.

“Team work that’s what makes it go,” said Lt. Col. George Friedman, Chief of Aerospace Medicine for the 349th AMDS, and physician working in general medicine and pediatrics with a Medical Readiness Training Exercise team to El Salvador. “It just doesn’t happened without it,”

The 349th Aerospace Medicine Squadron from Travis Air Force Base, along with members from four other reserve and air guard units, joined together to form a MEDRETE team that traveled to El Salvador in March. The purpose of this exercise is to bring medical care to low-



Capt. Charles Hwang, 349th Aerospace Medicine Squadron, is assisted by Lt. Col. Will Mosier, 459th Aeromedical Staging Squadron, Andrews Air Force Base, Md., who holds a flashlight while Captain Hwang finishes a tooth extraction during a medical exercise in El Salvador in March.

income people in Central and South America and Haiti while providing an opportunity to train in a “real world” environment.

The team of 33 medical care providers pulled together as a team from the start. Working with the El Salvadoran Army to load and unload supplies and equipment along with personal baggage at the airport. Each member constantly monitored the others insuring they were drinking enough water and not getting overheated.

“Kelly is always reminding us, ‘did you eat?’ ‘Do you need some water?’ ‘Don’t forget to put sunscreen on?’ she’s like a mother,” said 1st Lt. Robin Santa Maria, Clinical Nurse Specialist for the 349th AMDS and part of the MEDRETE triage team.

After the team settled into their El Salvadoran Army open air barracks with only vertical rows of rebar holding back an occasional breeze, they worked together to sort medications and equipment that would be used in the next two weeks for three separate clinics. And with mosquitoes a fact of life along with the diseases they can carry, the call to wear bug spray echoed throughout the day along with cautions on what not to eat.

“I know how sick you can get. I’ve been down the ecoli path and I know the symptoms because this is my fourth trip,” said Master Sgt. Kelly Kay, Superintendent of Pharmacy Services, 710th Medical Squadron, Offutt AFB, Neb.

Out in the local communities three schools provided a place for the team to setup their clinics. The small schoolyards and nearby dirt roads held the long lines of people who came to see the health care providers. With so many people to help, the clinics served over 8,000 El Salvadorans, and heat always a constant companion, yet the team’s professionalism and dedication to their job seemed always present along with their patience and keeping an eye on each other.

When the team optometrist was feeling the effects of the tropical conditions in a classroom with one ceiling fan, his team of three optometry technicians noticed he was feeling dizzy and soon the “doc” was cooling down with medical care from the team. These optometry technicians also took turns visiting him until the end of the

day to find out how he was doing.

“Teamwork was excellent. Very quickly they noticed I was feeling dizzy and I just sort of mentioned it and I wasn’t sure anyone was listening but obviously somebody heard because the next thing I know I’m lying on a table,” said Lt. Col. Jeff Salman, Chief on Optometry Services for the 349th AMDS. “I really felt really taken care of, they got me back on my feet and here I am still working,” he added.

At the end of the sixth day and two clinics completed, two Air Force Reserve dentists and two El Salvadoran dentists all with sweat rolling down their faces and looking into the mouths of their El Salvadoran patients, still had 13 people waiting. When the word got out to the rest of the team, other members of the team came to help where they could, including learning to pull teeth.

The last patient had a tooth extraction and in the process of pulling the tooth one of the roots broke and the procedure to remove it can be time consuming. Someone on the team came in with a small bright flashlight to help out.

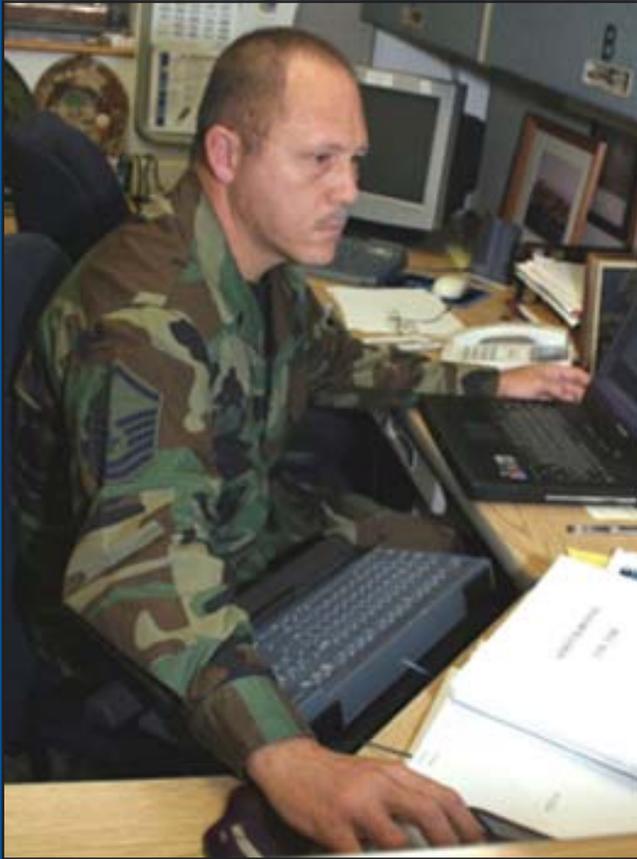
“I feel like I really appreciate the help that day. It was day six and my headlight battery was getting weak and I couldn’t see that broken root. It really helped when Dr. Mosier brought his flashlight, I could see the root and made it easier to remove it,” said Capt. Charles Hwang, General Dentistry, 349th AMDS, Travis AFB.

And helping teammates isn’t limited to the day light hours either. When someone on the team who felt faint after a long day, a physician’s assistant on the team immediately responded and monitored the patient all night, getting little sleep herself.

“Once you start caring for a patient that patient becomes your responsibility until they’re well or needs more treatment. It’s part of being a health care provider, your calling, you have a genuine interest in treating people along with an intense desire to see if what you did worked,” said Lt. Col. Catherine (Cat) Gaines, 140th MDG Medical Group Colorado Air National Guard.

What makes a deployment work? Maybe it’s the jokes and laughter, those candid photos of teammates snoring or just knowing that people on the team really care what happens to you that makes the load lighter and the long hot days flash by.

## Wing Spotlight



Courtesy photo

**Name:** Timothy Woods

**Rank:** Master Sergeant

**Organization:** 349th Logistics Readiness Flight

**Years in Reserve:** Seven years (plus 13 years active duty)

**What is your job in the Squadron?** Fuels Flight Chief

**How does your position effect the overall mission?** The Fuels flight mission is to safely provide “the right fuel” at the right place” at “the right time,” and in sufficient quantity to ensure that aircraft launch as scheduled. Our business is to supply Air Force weapon systems, ground vehicles, and the many different types of support equipment with petroleum products and cryogenics (liquid oxygen and liquid nitrogen). In achieving this mission our goals are to be: Lean, by optimizing the fuels infrastructure & streamlining processes; Mean, in that we provide a quality fuels infrastructure to sustain operations in peace and war; and Green, by being environmentally responsible and responsive

**What do you like best about the Reserve?** The ability to maintain and expand on my career skills at a quicker pace and to have more input and flexibility on my goals.

**What is the most interesting thing you have been a part of as a reservist?** I was sent to Al Dafra to be in charge of a Fuels element in place of an Active Duty member and excelled in my duties. I was in charge of all the Active Duty, Guard and Reserve that were stationed there, but all of the officers that I reported to thought that I was Active Duty. I really enjoyed the cohesiveness that we had even though it was during very hard times.

**Additional Information:** Master Sgt. Woods and the 349th LRS fuels section teamed with 60th LRS fuels, and for the past two years they have won the William Penton Award as Best in AMC.

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## June 14 is Flag Day

